## ABSTRACT

Wireless communications systems exist, such as 3G systems, in which voice services as well as internet access is provided to mobile terminals. In such systems the number of terminals that can be supported per basestation is limited and it is not possible to provide fast or substantially "instant" uplink access to all those supported terminals. It is desired to increase the number of terminals that can be supported by a single basestation whilst allowing each of these terminals to have fast substantially "instant" uplink access, for example, for internet access. To address this, substantially continuous pilot signals are provided from all user terminals supported by a basestation, to that basestation. The continuous signals comprise repeated spreading code words with a high spreading factor such that the background noise level is not increased to unworkable levels. The continuous signals are used to alert the basestation of requests to send uplink data as well as to actually send uplink data.